

Autumn 2022 Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Pancakes Apples Milk	Yogurt & Granola Fruit Milk	Melon Cheese Milk	Waffles Bacon Milk
Lunch	Grilled Ham & Cheese Tomato Soup Milk	Perogies Meatballs Milk	Roast Chicken Rice & Carrots Milk	Spaghetti Bolognese Garlic Bread Milk	Turkey Wrap Veggies Milk
PM Snack	Fruit Cheese Muffins	Carrots Hummus & Naan	Veggies/Chips/Salsa (Muffins/Berries Room1)	Muffins Bananas	Cheese Veggie Platter

Follow us on [instagram.com/ICDCMenu](https://www.instagram.com/ICDCMenu) for photos of meals. Water is available to children throughout the day & at all meals. If no beverage is specified the beverage offered will be water. Food may be substituted as necessary & will be noted on the menu & in Hi Mama. Menu alternatives are prepared separately for children with dietary restrictions.

Autumn 2022 Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Pancakes Apples Milk	Yogurt & Granola Fruit Milk	Melon Cheese Milk	Waffles Bacon Milk
Lunch	Honey Garlic Chicken Rice/Peas/Carrots Milk	Build Your Own Tacos Milk	Baked Chicken And Tortellini Milk	Chili Cornbread Milk	Lentil Stew Cheese Buns Milk
PM Snack	Fruit Cheese Muffins	Carrots Hummus & Naan	Veggies/Chips/Salsa (Muffins/Berries Room1)	Muffins Bananas	Cheese Veggie Platter

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Autumn 2022 Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Pancakes Apples Milk	Yogurt & Granola Fruit Milk	Melon Cheese Milk	Waffles Bacon Milk
Lunch	Chicken Alfredo Peas Milk	Shepherd's Pie Milk	Butter Chicken/Rice Naan/Roasted Yam Milk	Sloppy Joes Wheat Buns Milk	Bean & Cheese Quesadillas Milk
PM Snack	Fruit Cheese Muffins	Carrots Hummus & Naan	Veggies/Chips/Salsa (Muffins/Berries Room1)	Muffins Bananas	Cheese Veggie Platter

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Autumn 2022 Menu Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Bananas Milk	Pancakes Apples Milk	Yogurt & Granola Fruit Milk	Melon Cheese Milk	Waffles Bacon Milk
Lunch	Meatball Subs Roasted Yams Milk	Pork Stir Fry Broccoli/Carrots Milk	Taqitos Mexican Rice Milk	Chicken Rice Soup Wheat Rolls Milk	Pizza Milk
PM Snack	Fruit Cheese Muffins	Carrots Hummus & Naan	Veggies/Chips/Salsa (Muffins/Berries Room1)	Muffins Bananas	Cheese Veggie Platter

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